

# 2019 Novel Coronavirus (COVID-19)

## Madison County Residents,

Please call 828-649-0755, 9am-5pm Monday thru Friday if you have any questions about the following:

- COVID symptoms, treatment, or other related medical questions.
- Food, medicine, elderly care, or other individual support needs.

Medical staff and other Madison County personnel will be on hand to assist

### WHAT CAN I DO TO STAY WELL?

- Avoid close contact with people who are sick.
- Stay home if you are sick, except to seek medical care.
- Cover your cough or sneeze with a tissue and discard it in the trash immediately.
- Avoid touching your eyes, nose, and mouth; while it may seem simple, germs often spread this way.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds and use hand sanitizer if soap and water not available.

### WHAT IF I HAVE BEEN EXPOSED AND FEEL SICK?

People who have had contact with someone who has COVID-19 may have been exposed and should seek medical care if they develop a fever, cough or difficulty breathing within 14 days.

If you have been exposed and feel sick:

- Stay home and avoid contact with others except to seek medical care
- Call your health care provider before visiting them and tell them about your travel and symptoms
- Inform the health department

### WHERE CAN I GET MORE INFORMATION?

Make sure you are getting your information from reliable sources such as the CDC and NC Department of Health and Human Services.

Call 828-649-0755 for more information.

You can also call NC DHHS at [866-462-3821](tel:866-462-3821) for more information.

### Symptoms

- Fever
- Cough
- Difficulty Breathing